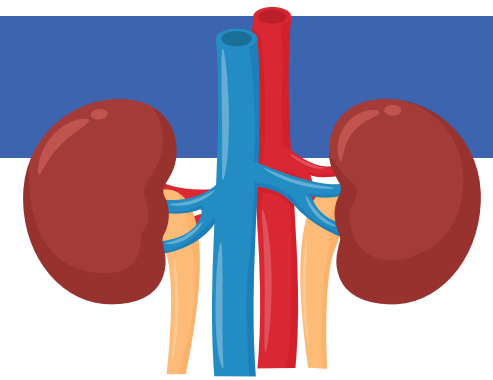
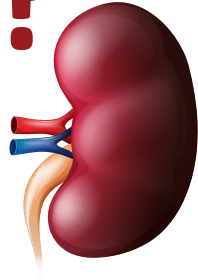


Chronic Kidney Failure



What is it?

Kidney failure is when the kidney functions decrease gradually but progressively over time and can lead to end-stage kidney disease in some patients.



Causes



Underlying chronic kidney problems (obstruction, infection or use of drugs that can potentially do harm to the kidneys).



High blood pressure.



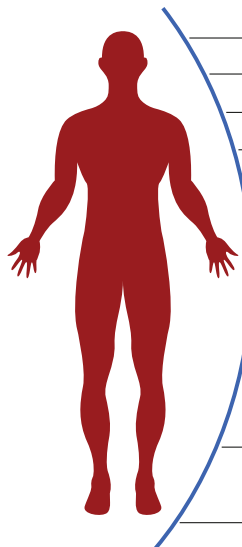
Diabetes.



Heart disease.

Signs and symptoms

(After 60% - 70% of kidney function already lost)



- Loss of appetite.
- Not sleeping well.
- Inflamed/swollen feet and ankles.
- Dried out and scratchy skin.
- Excreting less and less urine.
- Difficulties/pain when passing urine.
- Not thinking clearly.
- Muscle cramps (Especially during the am hours).
- Swelling around the eyes (Mainly around the am hours).
- Feeling tired or weak.

Risks



High blood pressure.



Diabetes.



Drugs and toxins (Several other medications, toxins pesticides, street drugs)



Dehydration.



Surplus consumption of proteins.



Family history of Chronic Renal Failure.



65 or older.



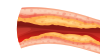
Heart disease.



Smoking.



Obesity.



High cholesterol

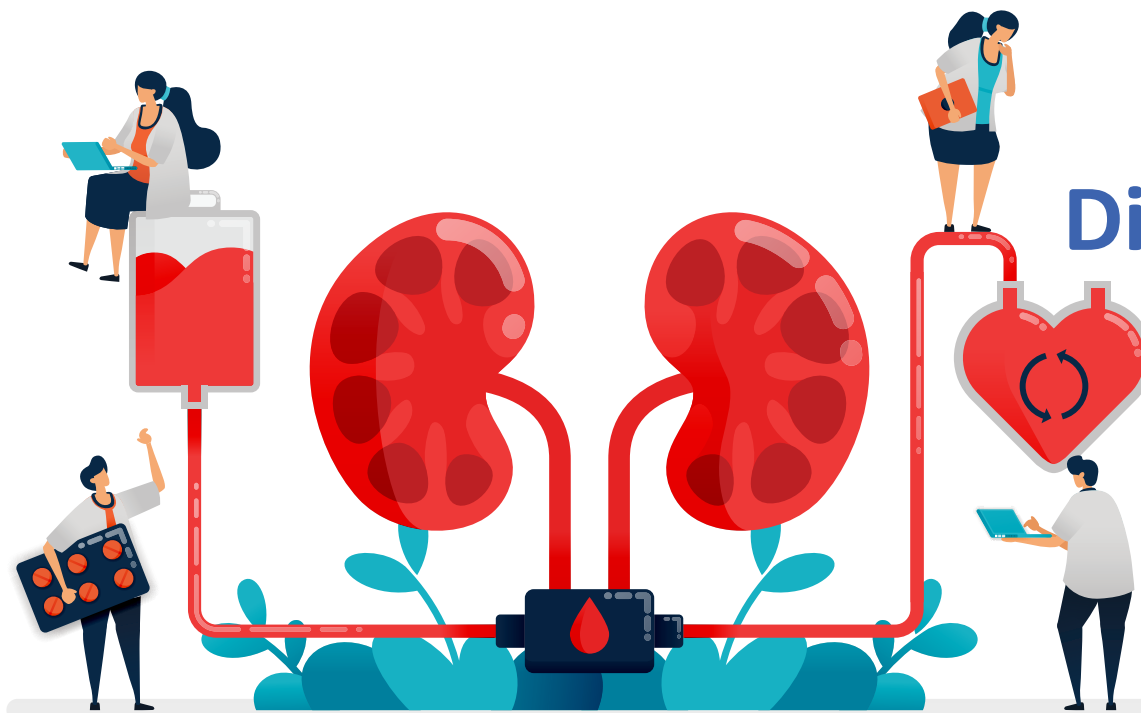


Neglected and untreated urinary tract infections.

Management

- Identify underlying cause and determine if it can be treated.
- Patients with diabetes should strive to keep their blood sugar controlled.
- Patients with high blood pressure should strive to keep their blood pressure controlled optimally.
- The aim of treatment is to preserve as much kidney function as possible to delay progression of the disease.
- The disease cannot be cured by medication.
- Medication is used to treat the underlying symptoms.

- Adopt a positive attitude from the outset Plan a necessary adaptations to work and home life, around dialysis times, with rest and recreation.
- Enlist the support of family and friends to ease your emotional burden.
- Adhere strictly to your doctor's orders and treatment to maintain an optimal life.
- See your Dietician regularly and follow your customized eating plan. (The intake of proteins, salts, potassium and fluid must be controlled to prevent build-ups in the blood stream)
- Learn all you can about your disease, understand the underlying cause of the condition, the relationship between food and your kidneys, treatment options and how to gain the best possible quality of life.



Dialysis

The functions of the kidneys can be replaced by means of dialysis, which is a lifesaving option, but not a cure. These 2 options are:

1. Haemodialysis is done by means of a machine which filters and cleans the blood. It is usually done 3 times a week at a hospital renal facility
2. Peritoneal Dialysis is done through an implant in the inner lining of the abdomen to filter blood and can be done at home.

Stages

STAGE 1	Normal or High GFR (GFR > 90ml/min)	Somewhat reduced functionality. No signs or symptoms yet. Diagnosis unlikely.
STAGE 2	Mild (GFR = 60-89ml/min)	The same as stage one with more reduced functionality. Because of no signs and symptoms, patients dont know they have 2nd stage of the disease.
STAGE 3	Moderate (GFR = 30-59ml/min)	Signs and symptoms start to show. Kidney performance diminishes, waste material builds up in blood stream. Complications like high blood pressure, anaemia and/or early bone disease start.
STAGE 4	Severe (GFR = 15-29ml/min)	Complications like high blood pressure, anaemia, bone disease, coronary disease and other cardiovascular ailments develop. In this stage patients will need dialysis or eventually a kidney transplant.
STAGE 5	End stage (GFR < 15ml/min)	In this stage the kidneys are no longer able to function with everyday living requirements. Permanent dialysis and later kidney transplant will be needed.

